flow chart for the risk factor modification (RFM) section shown in Figure 2. In this section, the user is advised how to modify his or her risk of developing CAD. In step 1101, RFM is described and the user is prompted to proceed to a table of personal risk factors (Figure 6A). If the user is a first time user (step 1102), a list of personal risk factors is displayed and the user is prompted to select a risk factor for a detailed display (step 1103). If the first-time user has selected a risk factor, a detailed description of the risk factor is displayed (step 1105). If the user is not a first time user, then an interactive table of the user's personal risk factors for the current and previous sessions is displayed and the user is prompted to select a risk factor for detailed display (step 1107). If the follow-up user selects a risk factor (step 1108), then based on the current status of the risk factor as compared with the previous status of the risk factor (steps 1109, 1110), encouragement (steps 1111, 1113) or a negative warning is given (step 1112). For example if a risk factor is currently negative and was positive (step 1109), the user is encouraged to keep up the good work (step 1111). If the risk factor is currently positive and was negative (step 1110), the user is given a warning (step 1112). If the risk factor is currently negative and was negative, the user is given a warning (step 1113). If the risk factor is currently positive and was positive, the user is given continued encouragement (step 1113). After viewing a risk factor, the user can view more risk factors or continue with the remainder program (steps 1106, 1114).

**911 SECTION:** Figure 12 illustrates a flow chart for the 911 section shown in Figure 2. If the user has acute chest pain (angina now) or high risk unstable angina (step 1201), then the user is advised to call 911 (step 1202) and provided with emergency information (step 1203). The emergency information may include, for example, the nearest hospital with a cardiac care center, a list of cardiologists, and instructions to take aspirin. If the user has intermediate risk unstable angina

(step 1204), then the user is advised to contact a physician (step 1205) and provided with the emergency information (step 1203). The program is exited after step 1203.

5    In sum, the present invention provides an effective method and system for determining an individual's risk of developing a disease. The present invention determines the risk using a user's responses to detailed question, and if the individual already has the disease, the risks associated with the disease

10   are provided to the user. Based on the responses and established practice guidelines, the user is provided with contemporaneous feedback whether a response indicates a positive risk factor for the disease. The user is also provided with detailed information on the individual's

15   progress on subsequent implementations of the present invention.